

Claims

1. Exercising device that comprises a first strap (1), loops (3, 7) attached to the first strap (1) and an anchorage means (11) that is intended to be fixed to a base, said anchorage means (11) being designed to receive the first strap (1) in such a way that the first strap (1) is displaceable in its longitudinal direction relative to the anchorage means (11), characterised in that at least one loop (3, 7) has a length/circumference in the interval 110-180 cm, and that tubular handles (10) are mounted on the loops (3, 7) and displaceable relative to the loops (3, 7).
2. Exercising device according to claim 1, characterised in that the loops (3, 7) constitute second straps of larger width than the internal diameter of the tubular handles (10).
3. Exercising device according to claims 1 or 2, characterised in that the anchorage means (11) comprises a sheet-shaped carrier (16), a pocket (19) integrated with the carrier (16) and a rod shaped element (18) that is intended to be mounted in the pocket (19).
4. Exercising device according to claims 1 or 2, characterised in that at least one loop (7) is connected to the first strap (1) by means of a buckle (9).
5. Exercising device according to any of the previous claims, characterised in that it comprises an anti-slip mat (20) for user to stand upon when using the exercising device.
6. Exercising device according to any of the previous claims, characterised in that the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

7. Exercising device according to claim 6,
c h a r a c t e r i s e d in that the shackle (112) comprises
at least one screw (114A) that carries a sleeve (121).

5 8. Exercising device according to claim 7,
c h a r a c t e r i s e d in that the shackle (112) comprises
three screws (114A, 114B, 114C) that each carries a sleeve
(121).